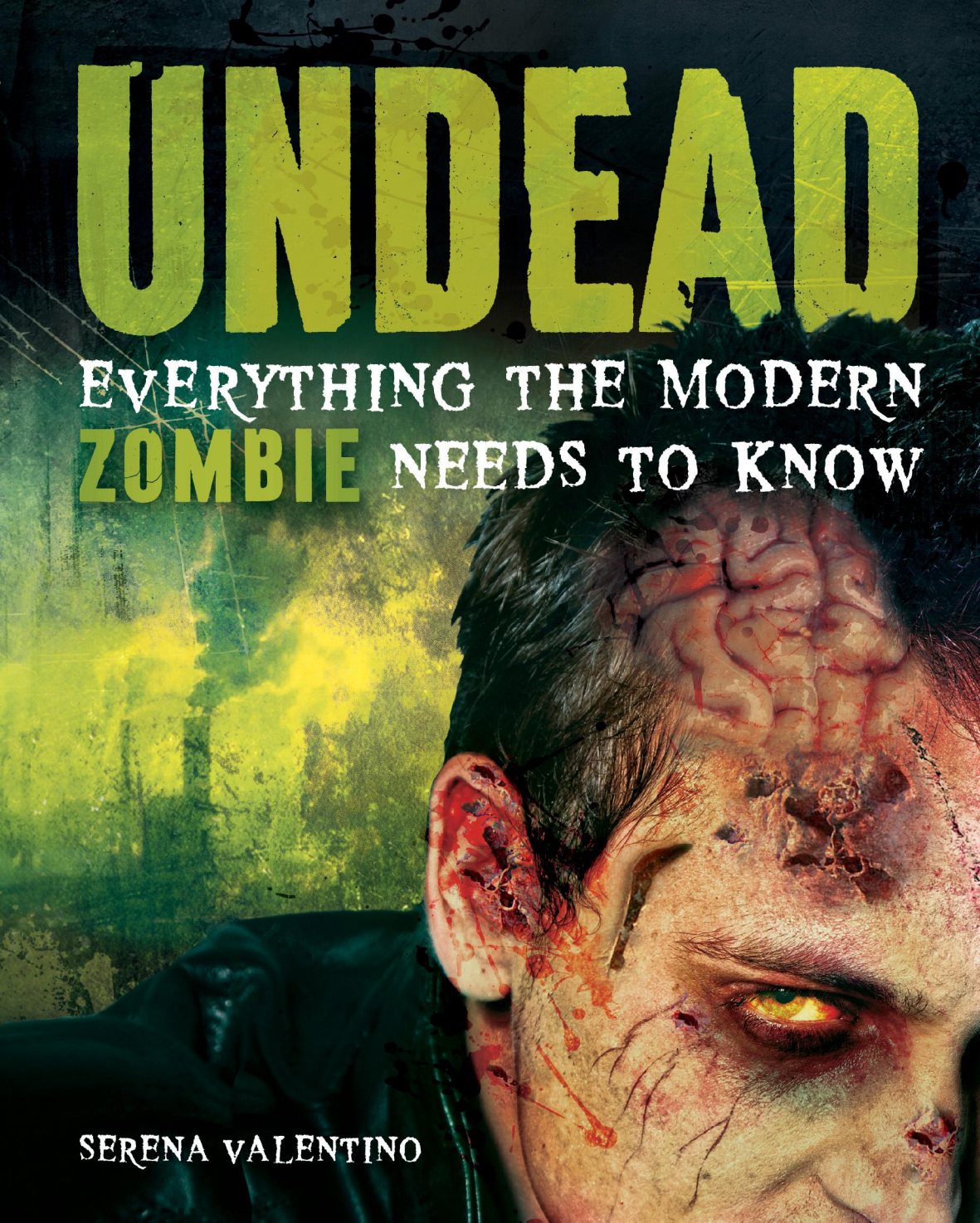


UNDEAD

EVERYTHING THE MODERN
ZOMBIE NEEDS TO KNOW

SERENA VALENTINO





UNDEAD

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ZOMBIES WALK AMONG US

Have you noticed your thinking process slowing down a bit? Maybe you're craving human flesh like never before, and your scent is getting a little ripe? Have you considered that you may be becoming a member of the undead? Don't worry! While the hype would have you believe that being a zombie is all rotting and eating brains, that's just not true. In fact, zombification is just the first step in a superfun and exciting adventure.

How does a mere mortal such as myself know? Glad you asked. I've always had a soft spot in my heart for zombies but had only admired them from afar. That all changed when a young zombie moved into my apartment building. I noticed this poor fellow had trouble with many things humans take for granted: getting dressed properly, making friends, entertaining at home, and eating a nutritious diet. He often seemed sad because humans were mean to him. I decided I had to help.

I did a little research, interviewed some leading members of the zombie community, and put together a little tip sheet to help him get through everyday life in style and with pride. Over time I watched while he blossomed as a zombie. And I was gratified when he thought to share my helpful tips with his zombie pals. That little list of handy hints grew into the book you hold in your hands today.

Read on and learn how much fun you can have as a zombie. After all, with more and more zombies made every day, you may just end up as one—whether you'd planned to or not. Wouldn't you like to know how to best enjoy your new life as a member of the nonliving?

Steven Valentin



KNOW YOUR ZOMBIES

Tales of the walking dead pervade every culture. The first stories of reanimated corpses, rooted in voodoo belief, haunt the folklore of the Caribbean and plantation-era Louisiana. But it's only within the last half-century that the full flowering of zombie culture has occurred. From ghouls with bad attitudes to victims of mysterious viruses, there's a zombie type to fit every end-of-the-world scenario. Here are a few to look for.

Classic Zombie

The classic zombie is slow, shambling, and dim-witted. What it lacks in speed it makes up for in its ability to frighten: human survivors often lose their senses in its presence and shoot one another.

Cause of transformation Mysterious plague or a bite from another zombie.

Habitat Rural Pennsylvania.

Weaknesses Shotguns and incineration.

Tip Will eat all human flesh, not just the brains.

Brain activity 🧠



CLASSIC



RAGE

Rage-Virus Zombie



This relatively new breed of zombie is fast, deadly, and highly contagious. A human's chance of surviving an encounter with a rage-virus zombie is minimal but not unheard of.

Cause of transformation Blood contamination or zombie bite.

Habitats Great Britain; the whole world (if given the chance).

Weaknesses Gunfire or use of other weaponry on the head.

Tip Will vomit blood, causing humans to contract the virus.

Brain activity  

Necromantic Zombie




Gruesome, terrifying, and vile, these zombies are actually spirits from another realm summoned to inhabit necrotic (that is, dead) flesh.

Cause of transformation Beckoned from a terrifying and inconceivable darkness into a dead human's body.

Habitat Rural New England.

Weakness Can be banished with ancient incantations.

Tip *The Book of the Dead*—an ancient and evil text—is a good resource for both conjuring and banishing these spirits.

Brain activity   



NECROMANTIC



ZOMBSTER

Zombster

These hipster zombies make the rounds in groups, wearing fashionable clothes, large sunglasses, and—if they're male—some sort of facial hair. More concerned with their outfits than their appetites, zombsters aren't big on confrontation and don't eat as many brains as other zombies do.

Cause of transformation Virus.

Habitat Large cities.

Weakness Blow to the head.

Tip Easily distracted by shiny objects.

Brain activity

Party Zombie

These music-loving members of the undead are resourceful, love to party in graveyards, and keep half dogs as pets. Humans may find them fun to hang out with, though these zombies are quite honest about wanting to devour human brains!

Cause of transformation Poison gas or contaminated rain; bites from other zombies.

Habitats Cemeteries, crematoriums, and churchyards.

Weakness Burning.

Tip Can survive without their heads.

Brain activity



PARTY



VOODOO

Voodoo Zombie


Buried alive and dug up later by the powerful sorcerers who created them, these tragic creatures have lost their identity and will. While they don't eat brains, they may hunt humans for even more disturbing items: their lives, memories, and souls.

Cause of transformation Magic, along with a potent dose of zombie powder.

Habitat Haiti.

Weakness Some may be restored to life by salt.

Tip Docile and suggestible.

Brain activity 



PIRATE

Pirate Zombie





Treasure hunters fear encounters with these adventurous and highly fashionable zombies. Pirate zombies seek treasure, not brains, and are usually zombified with a curse rather than via contamination. Just don't get between them and their gold pieces, or you may find yourself at the business end of a sword.

Cause of transformation Curse.

Habitats Pirate ships, seaports, gallows, and damp caves.

Weakness Enchanted treasure.

Tip Usually appear as zombies only after dark.

Brain activity    



PET

Pet Zombie


Reanimated rabbits, cats, dogs, and crows are just as vicious as their undead owners, if not worse. Hardwired for instinct and self-preservation, these creatures make fine zombie companions.

Cause of transformation Methods range from burial in cursed cemeteries to eating contaminated flesh.

Habitat Everywhere.

Weakness Destroying their brains will finish off these ghastly creatures.

Tip Deadly to unarmed humans.

Brain activity 

White-Collar Zombie




These undead prowl office buildings, seeking tasty cubicle dwellers. Many report that being a zombie isn't too different from typing or filing. Indeed, many don't regret their fate: they're glad they got zombified before the stock market crashed and they had to pay off their mortgages in the burbs.

Cause of transformation Fast-acting virus or contact with other zombies.

Habitats Corporate buildings, banks, and office-supply stores.

Weaknesses A firm blow to the head; a layoff.

Tip They're not unreasonable—they promise not to eat your eyes.

Brain activity   



WHITE-COLLAR

HOW TO PASS AS A HUMAN

Zombie pride is an important issue, and activists who stress that you should embrace your condition are absolutely right. Still, there are times when you want to look human. Maybe you're a zombie who needs to work a job and pay rent. Maybe you're dating a squeamish human. Whatever the reason, here are some tips on passing.

Mortician Beauticians

With zombification on the rise, many morticians have taken to moonlighting as restorative artists to the undead. Experienced with making the dead seemly for public presentation, your local mortician can help you with your mortal-mimicking needs. Go to them for everything from filling in those nasty wounds with putty to giving you a nice human-looking skin tone with airbrushing and makeup. And if you happen to have part of your face missing, or an eye that's fallen out, a mortician can help with that, too.

DIY Beauty for the Undead

If you're not a zombie of means, you may not be able to afford professional help. Fret not, there are ways of doing it yourself. Humans use special-effects makeup to look like zombies—why not use the same tricks to make yourself look human? All you need is some liquid latex and cosmetics that match your desired skin tone. Fill in gashes and tears with the latex, allow it to dry, and apply a liquid makeup base. Make sure to set it with pressed powder in a matching shade.

Overcoming Zombie Odor

If you're trying to pass as a human, you really don't want to smell like rotting flesh. Embalming fluid can arrest your putrefaction, or, as a cheap alternative, cologne might work. Use a light hand, because many people would rather smell putrid flesh than too much body spray.

Accessorize for Success

Replacing missing limbs is no big deal if you have access to prosthetics—but don't stop there! A glass eye can really add a human touch to that empty socket. And if some pesky human got you with a flamethrower, a wig may be in order. Finally, if your teeth have been knocked out, dentures are a good idea.

Acting the Part

Humans rarely lurch, moan, or bite each other, so you should cut back on these habits. Work on your posture and gait (a dance class or Pilates session might help), and try not to mumble. If you've lost the power of speech, carry a notebook with you, or communicate by text message. You'll blend right in.



Zombify Your Face

Once you've got some nice wounds, you'll want to apply your disgusting, putrid skin color and, of course, buckets of fake blood. Depending on the look you're going for, you might want to vary your palette. Don't be afraid to mix and match colors for various bruise-and-rot combinations. This makeup washes off easily, so unlike with real zombification, do-overs are no problem.



1. Start with a putrid base color—white, green, or gray.



2. Use a darker purple to shade your face's contours.



3. Stipple on your rot in green, yellow, brown, and purple.



4. Line your eyes with dark red for a demonic look.



5. Purplish black is a good look for undead lips.



6. Add black and purple around your liquid latex wounds, plus red for blood.



7. Add more fake blood! You can never have enough blood.



8. Dip a brush or comb in fake blood and scrape it over your skin for scratches.



9. Don't forget hair gel for that killer look.

ZOMBIE PARTY TONIGHT!

Want to have the ultimate zombie party? Here are some fun, creative ideas for the undead and living alike! Indeed, you may enjoy this home makeover so much that you never take the decorations down.



Line your walk or even your zombie pad with faux tombstones to add that special touch. Get creative and write some of the guests' names on them!



Buy some fake body parts from your local party or costume store and arrange them in your front garden or walkway. They'll look like they are digging themselves out of the ground to greet your guests.



Get some mosquito or camouflage netting and hang it around the house for extra creepiness. Army surplus stores are a great source for this sort of thing.



If you have a large-screen TV, play zombie films all evening with the sound on mute. For a soundtrack, try some of your favorite zombie tunes.



Find some old mason jars, fill them with water and a few drops of food coloring, add plastic brains or dismembered doll parts, and place them around the house.



Buy plastic severed fingers, plastic eyeballs, and fake flies and maggots, and freeze them in ice-cube trays. This little trick will make your drinks look extra gruesome!



Replace the majority of the lightbulbs in your house with colored ones in red, blue, and purple shades to create an eerie atmosphere.



Hang fake spiderwebs, which you can find in craft and party stores. It might look extra creepy if you put some plastic severed fingers and plastic eyeballs in the webs. Consider adding some nice big plastic spiders too.



Nothing's more fun than a fake dead body artfully positioned in a darkened bathroom or coat closet. Freak out unsuspecting guests with a "corpse" you've purchased from a Halloween store. Or make your own with a mask, pillows or stuffing, and old clothes.



^ Scene from *Resident Evil: Extinction* (2007)

EAT OR BE EATEN

Zombies aren't known for being able to follow recipes, so here are some nice, easy party-food ideas. Let's assume you've acquired the cakes, cupcakes, and cookies at your favorite bakery or store; you've used a store-bought cake mix; or you've got access to an experienced human baker. This section is really about giving you some fun, creative ideas to make your zombie party spooktacular.

Brain Meats

A platter of various sliced meats will go over well, no matter how you present it, but do take the time to make it spooky. Choose some rare roast beef, thin slices of prosciutto, salami, and other vivid and tasty meats, and arrange them with cheese and crackers. Garnish the platter with various stuffed olives to add an eyeballtastic touch. If you want to present it in a spookier fashion, look for serving trays and bowls shaped like skulls or human heads. How better to serve meat to your human guests than from a severed head?

Blood and Guts

Cut up some fresh red fruits and make a fruit salad that looks a little bloody. Use strawberries, watermelon, and pomegranate seeds, and mix in a bit of organic (no sugar added) raspberry preserves to make it a little gooey. Sweet and succulent!

Jiggly Brains

Everyone can eat brains—even the humans—if you make some sweet, tasty brain gelatin molds! You can find these ghoulish dessert dishes at party stores and many department stores around Halloween.

Graveyard Cake

For this treat, you'll need a sheet cake in your choice of flavor, dark chocolate frosting, chocolate cookies, and lighter-colored flat oval cookies. Start by putting your chocolate cookies in a plastic or wax paper bag and crushing them with a rolling pin or meat mallet until they resemble crumbly dirt. Carefully cut the oval cookies in half, creating the shapes of tombstones. Frost your cake with the chocolate frosting, sprinkle the chocolate cookie "dirt" over the top of the frosting, and then commence designing your cemetery by placing your tombstone cookies where you see fit. Gummy worms, spiders, and other edible creepy-crawlies would also look (and taste) fantastic on this decadent dessert. For other ideas, visit a party or bakery supply store for decorations like spooky leafless trees, skeletons, and pretty much anything else your fiendish little heart desires.

Spooky Cupcakes

Use the graveyard cake method to make spooky cupcakes, placing one tombstone on each cupcake. And if you want, try writing "RIP" on the tombstones with a pastry bag or frosting tube. You can find such things in the baking section of any supermarket.

GHOUlish GETAWAYS

Zombies need to take vacations just like everyone else. And if you're not lucky enough to live in a zombie-friendly city, then why not take a little trip and have yourself a fabulously horrific holiday? Remember, as a zombie you can go places no human would dare tread.

San Francisco

This city caters to zombies like no other, with zombie marches, picnics, proms, vaudeville acts, beauty contests, and more. Pretty much anytime you visit, some zombie-tastic event will be occurring. You should have no trouble blending right in. To explore the supernatural city, sign up for one of the walking tours that visit historic cemetery sites and crime scenes.

New Orleans

The Big Easy's historic cemeteries are known as "cities of the dead," and they're great places for the undead to hang out, too. A major cultural stop for history-minded zombies, the city boasts numerous voodoo shops, and the New Orleans Historic Voodoo Museum is a must-see. Take a spooky walking tour and, if you're lucky, you might even get to meet a real-life Voodoo Queen.

San Diego

Sunny Southern California may seem like an unlikely place to find the undead, but every summer the streets swarm with zombies attending the wonderfully geeky (and zombie-loving) Comic-Con convention. Zombies can also check out restless relatives at the haunted El Campo Santo Cemetery. If you're one of those zombies who was created by space aliens, head out to Oriflamme Mountain, where UFO sightings are common.

Rome

Italian film studios have created a vast number of fabulous horror movies, including more zombie flicks than you can shake a severed arm at. Travel to this historic city where the undead wear Armani, and soak up some culture—the locals will think you're just another film extra. Then head to the coast for some shark fighting. It's a zombie tradition!

Diyarbakir

Zombies who are really into their long-lost historical kin might visit the fabled site of ancient Babylon. It was here that the goddess Ishtar threatened to raise the first zombie army, saying that if she didn't get her way, "I will bring up the dead to eat the living. And the dead will outnumber the living." It's not too late to make this prophecy come true, just a few thousand years late. Visit this historic desert town in Turkey to launch your vision quest.

The Moon

Zombies and space have a long-standing relationship. The heck with comets; why not hitch a ride to a dead world now that you're undead? Sure, it might be hard to get a ride to orbit, but if pop stars and multimillionaires can do it, maybe you can, too. The Moon's lack of atmosphere means you won't ever rot, and the low gravity will let you bound about with ease.



WHAT DO YOU KNOW ABOUT ZOMBIES?

1 Name an ingredient in making a voodoo zombie.

- A. Puffer fish.
- B. Belladonna.
- C. Nightshade.

2 You're partying and you're running low on snacks. What do you do?

- A. Send out for a pizza.
- B. Call dispatch and ask them to "Send more cops!"
- C. End the party.

3 Name a possible origin of the word *zombie*.

- A. *Jumbie*, the West Indian term for "ghost."
- B. *Nzambi*, the Bantu word meaning "spirit of a dead person."
- C. *Zonbi*, Louisiana Creole or Haitian Creole term for a reanimated person.

4 Name a way zombies can be destroyed.

- A. Decapitation.
- B. Destroying his or her heart.
- C. Burning.

5 How did the rage virus first spread?

- A. From infected chimpanzees.
- B. From an accidental gas leak.
- C. An earthquake opened a direct portal to hell.

6 What does the Umbrella Corporation make?

- A. Antizombie weapons disguised as ordinary rain gear.
- B. Luxury zombie-proof bunkers.
- C. Bio-organic weapons—like zombifying parasites and viruses.

7 Name the book that describes a scholar's investigation of voodoo.

- A. *The Serpent and the Rainbow*.
- B. *The Piper at the Gates of Dawn*.
- C. *Drums of Port-au-Prince*.

8 What zombifies the superheroes in *Marvel Zombies*?

- A. Galactic rays from the Zorgon Sector.
- B. The mind-control machine of the diabolical Doctor Z.
- C. Bite and blood transfer.

9 Name a zombie horror comedy.

- A. *Shaun of the Dead*.
- B. *Fido*.
- C. *Dead and Breakfast*.

10 Which band's song is featured in the film *Pet Sematary*?

- A. The Cramps.
- B. Alien Sex Fiend.
- C. The Ramones.

ANSWERS

Award yourself one point for every correct answer, then learn your level of knowledge using the key below.

1: A

The puffer fish contains tetrodotoxin, a poison that affects humans' central nervous systems. According to voodoo lore, sorcerers use secret powders—made up of puffer-fish poison and plant-based drugs—to induce a deathlike state in their victims.

2: B

Well, of course, you would ask for more cops, silly zombie. More cops means more brains to eat.

3: All answers

Many cultures have a word for “zombie,” especially in areas where zombie lore runs deep, like Haiti, West Africa, and New Orleans.

4: A & C

Even though zombies are fairly hardy sorts, decapitation will usually put a stop to their antics. Serious head wounds—like those caused by shotgun blasts—are also fatal, as are blowtorch encounters.

5: A

In the film *28 Days Later*, animal activists release infected chimpanzees from a lab. Oops.

6: C

The Umbrella Corporation is the shadowy entity responsible for an endless supply of zombie pathogens in the *Resident Evil* game and movie franchise.

7: A

Ethnobotanist Wade Davis traveled to Haiti to research voodoo practices and detailed his findings in *The Serpent and the Rainbow*, which Wes Craven later turned into a heavily fictionalized movie.

8: C

Although the Marvel Zombies series has all the comic-book goodies and intergalactic gizmos you'd expect, good old-fashioned biting does the trick here.

9: All answers

Something about zombies just seems to inspire slapstick and spoofs. If zombies weren't such fun-loving good sports about it, they might be upset that they don't get more respect.

10: C

The Ramones did a great song for this zombie-pet film, with deathless lyrics including, “I don't want to be buried in a pet cemetery, I don't want to live my life again . . .” Rad!

0-3

Your score is pretty pathetic, but since most of those reading this are slow-witted zombies, you have a good excuse. Consider yourself on academic probation until you've mastered the resources in this chapter.

4-7

Better, but not great. You have the desire to know more about your kind, but you just aren't there yet. Check out the suggested reading and viewing in this chapter to raise your score.

8-10

You are a zombie lord! You know everything there is to know about zombies. Seriously, you could be headmaster at Zombie College. Congratulations! You rock.



ESSENTIAL ZOMBIE FILMS

Zombies—so misunderstood by humans in real life—have found enthusiastic fans on the silver screen. Filmmakers are irresistibly drawn to the possibilities zombies present. Do be aware that many of the movies considered classics are not intended for younger viewers without parental consent. Have your parents check the films out, and they will decide whether you should watch them together or not. Why not stick to the older zombie films, which are usually good, silly zombielicious fun?

Night of the Living Dead

This 1968 classic established the modern zombie movie genre. It also offers up this crucial pointer: your loved ones probably won't manage to work up the nerve to kill you, even if you do plan to repay their kindness by eating their fleshy gray matter. (However, you should look out for their less sentimental friends, who will waste no time in loading a shotgun and blowing your head off.) Also, note that neither the media nor the authorities can be counted on to accurately inform the public about a zombie epidemic. This, too, can work in your favor.

Return of the Living Dead

When there's no one left to devour, this 1985 horror comedy advises you to get on that radio and send for more cops and paramedics. We also learn that the government will gladly nuke an entire area to destroy you—so put down that snack and get out of Dodge before they blow you to bits.

Evil Dead II

This excellent necromantic primer from 1987 shows the likely results of reanimation by means of possession. One important message

for everyone, undead or not, is not to mess with ancient tomes made of human flesh, or recite what's written within them. The follow-up movie, *Army of Darkness*, offers great insight into dealing with necromantic zombie kings.

28 Days Later

This 2002 British film quite literally changed how the world views zombies. With the introduction of the rage virus, zombies suddenly showed that they don't always lurch and shamle around—sometimes they can run really fast. The story of a fast-moving virus that turns humans into flesh-crazed, adrenaline-fueled eating machines, it gave a striking (and for zombies, inspiring) view of a post-apocalyptic world. It spawned the sequels *28 Weeks Later* (2007) and the forthcoming *28 Months Later*.

Shaun of the Dead

Dubbed the first romantic zombie comedy, this 2004 movie from the UK presents zombie uprisings as just another of life's little hiccups. With a steady stream of jokes and tongue-in-cheek zombie-movie references, it has inspired legions of devoted fans. Zombies watching it should note how tricky humans can impersonate zombies to dastardly effect.

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